

# NAVIG8

*Adolescent Treatment Program*

## What to Bring to Treatment

### Admission Information:

The following items are needed at the time of admission:

1. Proof of Household Members
  - a. Tax Forms
  - b. Social Security Cards
  - c. Birth Certificates
  - d. One month worth of current pay stubs
2. Proof of Insurance
  - a. Health Insurance Verification
  - b. Medicaid
  - c. Court Order
3. Immunization Records for Client
4. History and summary of prior psychiatric and medical treatment
5. Well child check exam (physical) and medical history
6. Any legal documents pertaining to Client (this includes custody papers, court directives regarding restricted contacts, etc)

The following items are suggested for clients to bring to treatment. Any items that are found to be inappropriate will be sent home with guardian or placed in lock up until time of discharge.

1. Clothing – Clients may have seven changes of clothing; please keep in mind that clients are required to participate in recreational activities and should pack accordingly. Please refer to the Residential Handbook, page 3, for further details.

- |   |                                       |
|---|---------------------------------------|
| a. Jeans/Pants/Shorts – 7 pair total    | g. Coat/Jacket – 1 total              |
| b. Shirts/T-shirts – 7 total            | h. Pajamas or nightwear – 3 total     |
| c. Athletic Shorts/Sweatpants – 3 total | i. Bathrobe – 1 total                 |
| d. Sweatshirts/Sweater – 2 total        | j. Belt – 2 total                     |
| e. Underwear (Must be Worn) – 7 total   | k. Bra (without under wires)– 5 total |
| f. Socks (Must be Worn) – 7 total       | l. White Undershirts-7 total          |
| g. Shoes or sneakers – 2 pair           | m. Shower Shoes-1 pair                |

\*\*\*It should be noted, the following clothing items are not permitted:

- Clothing with alcohol or drug advertisements or promoting use of substances
- Clothing with holes, rips, and/or tearing
- Spaghetti strap shirts (unless worn underneath other clothing items)
- Thong underwear
- Shoes with heels
- Hooded shirts/sweatshirts
- Hats

2. Linens – Clients are encouraged to bring their own linens to help feel more comfortable in their new environment. If none are brought with client, they will be provided upon intake.

- a. Towels – 3 total
- b. Wash Cloths – 3 total
- c. Twin Sized Sheets – 1 set
- d. Blanket – 1 total
- e. Bedspread – 1 total
- f. Pillow – 1 total

3. Jewelry – Valuable items are not encouraged to be brought to treatment. Items not listed will not be allowed; they will be sent with guardian or placed in lock up.

- a. Watch – 1 total (valued at no more than \$30.00)
- b. Religious artifact to be worn around the neck – 1 total (valued at no more than \$30.00)

4. Personal Items – Clients are encouraged to bring their own hygiene products. Items containing alcohol, aerosols, perfumes, hair spray, and body sprays are not allowed. Nail clippers, files and tweezers are also not allowed in treatment.

- a. Toothbrush and Toothpaste (No electric toothbrushes)
- b. Razor and Shaving Cream (Electric razor okay)
- c. Stick Deodorant
- d. Shampoo and Conditioner
- e. Soap/Body Wash
- f. Comb/Brush
- g. Feminine Hygiene Products- (cardboard applicators only)

5. Makeup – Clients may have one of each of the following items; these items should not be traded or shared with other clients. Nail polish, lip stick, lip gloss and chap stick are not allowed.

- a. Foundation liquid or powder
- b. Blush
- c. Mascara
- d. Eye Shadow

6. Medications (30 days worth)– Staff will observe clients while taking medications as prescribed on bottle. All medications will be kept locked up by the facility.

- a. Proper name must be on medication
- b. Must be a current prescription
- c. Over the counter medications will be subject to approval.

7. Reading / Writing Materials – Clients may not have pens, mechanical pencils, notebooks or markers.

- a. Bible
- b. Books – Subject to approval by staff (No Magazines)
- c. Stamps and Envelopes

8. Prepaid Phone Card for long distance phone calls

9. Items Not Allowed – List is subject to change and may not encompass all items.

- a. Cell Phones
- b. I-Pods/Walkmans
- c. CD/DVD players
- d. Food/Candy

- e. Weapons or any item that could be used as such
- f. Jewelry (except as noted in item 3 above). Only spacers are allowed in piercings.

Any items not listed are subject to approval and/or confiscation until discharge.

Please NO luggage; please make sure that all items are brought in Trash bags.